

**Amendments to the Claims**

1. (Currently Amended) An exercise system comprising:

an exercise apparatus having a level of effort that is adjustable with an actuator, said exercise apparatus providing a scripted virtual personal training experience for a user of said exercise apparatus, said exercise apparatus including a loudspeaker to provide a vocal warning of an impending change in said level of effort prior to a change in said level of effort training experience of said user, and automatically modifying said training experience of said user after said vocal warning by controlling an automated control of said actuator.

2. (Previously Presented) An exercise system as recited in claim 1 wherein said exercise apparatus is one of a plurality of exercise apparatus, each of which is in at least part-time communication with a computer.

3. (Currently Amended) An exercise system as recited in claim 1 wherein said scripted virtual personal training experience includes vocal and actuator control data is stored in a digital storage medium associated with said exercise apparatus.

4. (Canceled)

5. (Currently Amended) An exercise system as recited in claim ~~[[1]]~~ 3 wherein said ~~automatic changing~~ automated control of said actuator is in accordance with said actuator control data. ~~of said exercise experience includes a changing of an operating parameter of said exercise apparatus in a way that is associated with said vocal warning.~~

6-7. (Canceled)

8. (Currently Amended) An exercise system as recited in claim ~~[[5]]~~ 1 wherein said exercise apparatus is selected from the group consisting essentially of a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.

9. (Currently Amended) An exercise system as recited in claim ~~[[5]]~~ 3 further comprising audio data stored in said digital storage medium. ~~wherein said operating parameter is a difficulty setting for said exercise apparatus.~~

10-14. (Canceled)

15. (Currently Amended) A method for creating an exercise experience comprising:

~~providing a scripted virtual personal training experience for a user of an exercise apparatus; said scripted personal training experience including a vocal forewarning of an impending change in a level of effort required of said exercise training of said user of said exercise apparatus, and automatically changing said level of effort training experience of said user after said vocal forewarning.~~

16. (Previously presented) A method for creating an exercise experience as recited in claim 15 further comprising establishing a communication linkage including an Internet link between said exercise apparatus and a remote system.

17. (Currently Amended) A method for creating an exercise experience as recited in claim 15 wherein ~~said automatic~~ automatically changing of ~~said exercise experience~~ said level of effort includes a changing of an operating parameter of said exercise apparatus in a manner consistent with said vocal warning.

18. (Currently Amended) An exercise apparatus comprising:

a frame;

a body-engaging member;

~~an actuator~~ actuator coupled between said frame and said body-engaging member;

an audio display providing an audible ~~warning~~ alert of an impending change in a scripted exercise session; and

an actuator controller coupled to said actuator for implementing said change subsequent to said audible ~~warning~~ alert.

19. (Canceled).

20. (Previously Presented) An exercise apparatus as recited in claim 18 further comprising a visual display displaying images related to said scripted exercise session.

21. (Currently Amended) An exercise apparatus as recited in claim 20 wherein said ~~aeuator~~ actuator controller is ~~syehronized~~ synchronized with at least one of said visual display and said audio display.

22. (Previously Presented) An exercise apparatus as recited in claim 21 wherein control signals for at least one of said visual display, said audio display, and said actuator are at least temporarily digitally stored.

23. (Previously Presented) An exercise apparatus as recited in claim 18 wherein said exercise apparatus is selected from the group consisting essentially of a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.

24. (New) An exercise apparatus as recited in claim 18 wherein control signals for at least one of said audio display and said actuator are at least temporarily digitally stored.

25. (New) An exercise apparatus as recited in claim 24 wherein said control signals are stored in a volatile digital storage medium.

26. (New) An exercise apparatus as recited in claim 24 wherein said control signals are stored in a non-volatile digital storage medium.

27. (New) An exercise apparatus as recited in claim 26 wherein said non-volatile digital storage medium is a rotary disk digital storage medium.

28. (New) An exercise apparatus as recited in claim 18 wherein said audio display includes a loudspeaker.